

BUSY BEE BULLETIN

JULY 2013

COLCHESTER SENIOR CENTER

95 Norwich Ave. Colchester, CT 06415

“Proud To Be Part of the Community”

The Colchester Senior Center is an open door to the community.

Monday-Friday 8:00 a.m. – 4:00 p.m.

PH: 860-537-3911

EMAIL: csc@colchesterct.gov

FAX: 860-537-5574



Letter from the Director

Dear Friends,

I wanted to take the opportunity to introduce myself, my name is Patty Watts and I am the new Director of Senior Services for the Town of Colchester. I am so thrilled to be a part of such a wonderful senior center and want to thank you for welcoming me so warmly during my first few weeks here. I look forward to getting to know the many terrific people who utilize our center for the programs, classes, meals and services that we offer.

If I haven't already met you, please stop by and introduce yourself. Please join us for our Fourth of July Picnic (July 5th) where I will be working the grill and an outing to Scottie's for a cool treat on a hot summer day on July 22nd, where I will also be attending. I hope to see you!

As in life, change is the only constant. Not only are you busy getting to know me, but at the end of the month, we will be saying farewell to a long-time friend and staff member, Priscilla Clesowich. Please sign up for lunch and a Retirement Party for Priscilla on Thursday, August 1. We wish her all the best as she transitions to a fun-filled retirement, and we thank her for her friendship, dedication and years of service to the seniors of Colchester and surrounding communities.

Sincerely,
Patty Watts

THANK YOU- to Joann Wallowitch and Louise Murzyn who spearheaded our Annual Tag Sale.

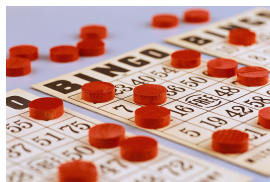
Their continued support and many hours put forth on this endeavor was much appreciated. Also thanks to Bernie Gursky and Jean M. Soucy for all their time and help. It was a great success!

PATRIOTIC PICNIC – Even though the holiday has passed, we are still feeling patriotic. Join us July 5th for a cookout (eat in) at noon, where Patty will be working the grill. Enjoy hotdogs, coleslaw, beans, macaroni salad, and flag cake! All for only \$5. (You are welcome to another hotdog for \$1!) Yard games will be set up, weather permitting. You must sign up in the office by July 2nd.

ICE CREAM TRIP-Monday July 22nd at 1:00- Join our new Director, Patty Watts, on this bus trip to Scotties' for ice cream. Space is limited on the bus. Reservations are requested.

Getting to Know You Friday, July 19, 12:00 p.m.

Our new Director, Patty Watts, will be hosting a series of group discussions about the Senior Center. Following the Brunch, stay and participate in our first meeting, as we seek to get to know one another better. Share your hopes and dreams for our senior center, compliments (what we're doing well) and concerns (areas for improvement.)



ACTIVITIES

SCRABBLE-Mondays from 10:00-12:00.

POKENO- Thursdays at 9:00.

Wii BOWLING-Wednesdays at 9:00.

SENIOR VOLUNTEER PROJECTS "SVP"-the group meets on Wednesdays at 10:30. Join us to work on volunteer projects for local hospitals, nursing homes and non-profit organizations. We are looking for donations of clean yarn and cotton fabric for volunteer projects.

GAMES- the Colchester Senior Center and its participants welcome new players.

Partners not required for card games.

Anyone interested in forming a group for Rubbycube, Skippo etc. please call Priscilla.

Setback-Mon. at 12:45

Pinochle-Tues. at 12:45

Games-Tues. at 12:30

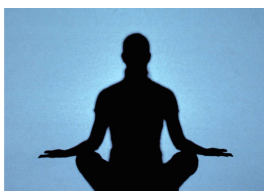
Bridge-Wed. at 12:45

BINGO-every Friday morning at 10:00 and on Tuesdays from 1:30-3:00. Transportation will be provided by calling the day before by noon.

MAHJONG-Mondays at 12:30.

BOOK/FILM CLUB-will meet on the third Tuesday this month (July 16th) at 10:30. The book can be picked up at the library. New members welcome.

OPEN ART STUDIO AND DOODLING-The classes are now combined, either doodle or bring an art project of your choice. Learn how to make drawings using repetitive patterns that are fun and easy to learn. This is an activity that does not require you to have artistic talent, and you cannot do it "wrong". You'll be pleasantly surprised at what you will be able to create. Paper and pens will be provided. No cost, just show up (No sign up necessary.)



WELLNESS PROGRAMS

SENIOR YOGA- Thursdays at 11:00. We offer Hatha style Yoga with a certified instructor. Class begins with a gentle massage and will include gentle Yoga postures and deep breathing. Bring a mat (or you can participate seated in a chair) and wear comfortable clothing. A \$4.00 fee per class is to be paid directly to instructor.

EXERCISE CLASSES-Invigorating exercise classes are offered every Monday, Thursday and Friday mornings with a certified instructor at 9:00 am. Pay for classes by the month (**before the 1st of the month**) at \$3.00 per class or \$4.00 for drop ins.

Don't forget, Gina's on vacation the week of the 8th! You can still get your exercise by joining Priscilla at 9:30 on Monday and Thursday and "Move to the Music". You may stay seated or move across the floor to burn some calories and stay flexible. Gina will be back next week!

STRETCHERCIZE- Movement that improves your balance and strength on Mondays and Thursdays at 10:00. (Check in the office for cost/details). See Move to the Music program the week of the 8th above!

LINE DANCING-Thursdays at 1:00. Beginners welcome. Fun and great exercise!

FREE HEARING SCREENING- at Eastern CT Ear Nose and Throat in Colchester. Call the senior center to schedule your appointment. We can provide transportation if you call the day prior by noon.

CHAIR MASSAGE-with Sue McCaffrey (our Yoga instructor) a massage therapist. Enjoy a relaxing fifteen minute massage for \$10 (paid directly to the instructor) on Thursdays from 12:00-1:00. Call ahead and make an appointment with the office.

TAI CHI STYLE EXERCISE-on Tuesdays at 10:00. (This program is group lead with Tai Chi style movement.)

LOW VISION SUPPORT GROUP-will meet on Friday July 19th at 10:30 with guest speaker Carole Dykas from the Lions Low Vision Center of Eastern CT. This program is for those with all levels of vision impairment and is in collaboration with Colchester Lions Club.

"MAKING MEMORIES" PROGRAM- A Recreational Therapy Program for individuals facing early signs of memory loss and/or impaired cognitive functioning. This program is supported by the Senior Resources –Agency on Aging with Title III funds made available under the Older Americans Act. Contact Stephen Mekkelsen at the center for more information.

MEETINGS AT THE CENTER

AARP Chapter # 4019- will not meet this month.

COMMISSION ON AGING MEETING- Monday July 8th at 8:30am at the town hall.

COLCHESTER TRIAD- will not meet this month.

Benefits Check-up

Have questions concerning Medicare or your plans? Do you qualify for the MSP or Rent Rebate? Find out by calling the center (860-537-3911) and making an appointment with Loretta Anderson from Senior Resources Area Agency on Aging, on the second and fourth Monday (July 8th and 22nd) from 9:00-12:00 pm.

RENT REBATE PROGRAM

Basic Information and Requirements for 2013

RENT REBATE- The program is offered to those who rent and are 65 years of age and older and those people under 65 years of age who are receiving Social Security Disability benefits.

The applicant must present proof of disability for the filing year (2012). The applicant must have rented in Connecticut for the "2012" year or part of that year. Income guidelines for Married people cannot exceed \$40, 900 and for Singles \$33, 500. If an amount is granted, the recipient will receive a one time check (per each year of applying) from the Office of Policy and Management in Hartford, Connecticut.

Please bring proof of the following for 2012.

_____ All taxable income including:

Social Security **SSA 1099 Form only** (for **disabled**

individuals bring a document from Social Security stating what you received for the

whole year.) All interest, dividends, pensions, wages, lottery winnings, IRA's, Veterans Pensions and Veterans Disability payments.

Income must be provided for each adult living in the home.

_____ Rent: A print-out or cancelled checks for 12 months.

____ Utilities: A print-out or cancelled checks, showing
verification of payment for water, electric, oil and gas
(propane) for 12 months.

____ If an income tax was filed we will need to make a copy of the signed form.

You can apply for this program till October 1st (the program has been expanded) by calling the Colchester Senior Center for an appointment (537-3911). (You must apply in the town that you live in.) People living at Colchester Commons and Westchester Village can apply for this program or the Tax Relief program through the Assessor's office, but **may not apply for both programs.**



HAPPY BIRTHDAY

July 2013

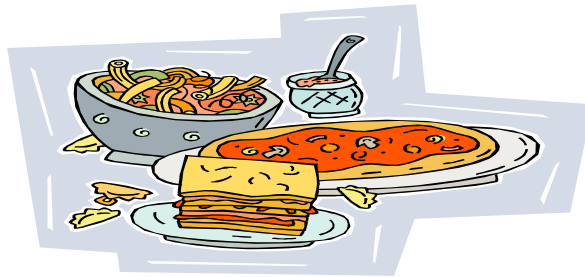
Happy Birthday from the Colchester Senior Center Staff!

Join us as we celebrate July birthdays on Friday July 12th at noon. Together we will all share a piece of birthday cake and sing happy birthday!

July....

3...Grace Coburn	4....Lillian Stefanowicz
4....Shirley Whitesell	6....Hilda Lane
7....Zola Giles	8....Betty Koes
14...Beverly Popowich	15...Henny Simon
15...Louise Murzyn	21....Patty Watts
24...Reggie Corey	

Birthday's get posted in the newsletter only by letting the office know that you would like to be put on the birthday list.



Lunch at the Senior Center

All lunches are served at noon. Monday Bistro Lunches are \$5.00 and need to be signed up for the Wednesday before. Salads are back for a *suggested donation of \$4.00*.

Lunch is served Tuesday through Friday for a *suggested donation of \$3.00*.

Meal reservations need to be made in advance by 10:00 AM the day before.

Check over the menu with choices and costs to make your selection.

Brunch the 19th needs to be signed up for by Friday the 12th.

Transportation Services

For in-town shopping and appointments please call before 12 noon to secure your reservations for the following day. For out-of-town medical transportation please try to give as much notice as possible. All rides are on a first come first served basis.

Donations for transportation are greatly appreciated.

Sign Up Policy

Payment for full cost of a trip or activity is due at the time of sign up. Please let us know if this presents a hardship for you at any time. You can still phone in to sign up for the monthly shopping trips and lunch outings. **(Please remember that all sign up activities should be done on Mondays and Fridays.)**



TRAVEL

SHOPPING TRIP-to Lisbon Landing on Thursday July 11th. Transportation is a suggested donation of \$5.00.

LUNCH OUTING- Captain Scott's in New London on Friday July 26th. Transportation is a suggested donation of \$4.00.

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NEWPORT LUNCH CRUISE-Tuesday July 23rd - Enjoy a cruise on the "Majestic" of Newport Harbor and Narragansett Bay in Rhode Island. Have an extraordinary buffet lunch aboard this award winning yacht. Afterwards explore Bowen's Wharf, Bannister's Wharf, famous Brick Market, art galleries, one of a kind shops and Ben & Jerry's! Cost \$78 per person.






BOSTON DUCK TOUR-Tuesday August 20th - Experience Boston aboard a unique WWII amphibious DUCK for a narrated tour of Boston. Dine at the No Name Restaurant (for seafood) on Boston's Fish Pier. Cost \$87 per person.

GOODSPEED-Wednesday September 4th - "Hello Dolly" at the Goodspeed and lunch at the Gelston House. Cost \$71 per person. The trip is currently full. If you would like to add your name to our wait list please call Donna.



THOUSAND ISLANDS- 3 Days- Sunday September 22-24th - Visit Boldt Castle and the Erie Canal Village. Go to museums and enjoy a paddle boat cruise! Enjoy a champagne lunch and gaming at the Turning Stone Casino and wine tasting tours too! Cost \$479 per person double.

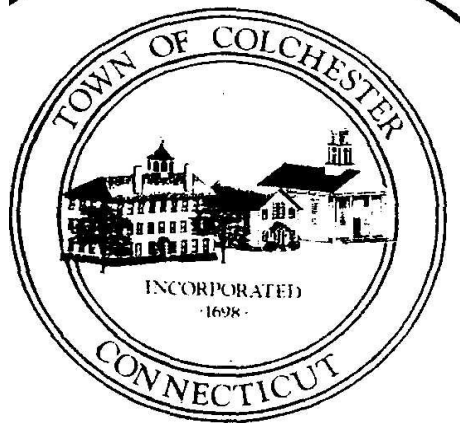
Please Note: When going on an all day or extended trip with the center please make an effort to either get a ride to the center, ask us for transportation, or park in the bank or office complex parking lots located on either side of our property. This allows those who are coming to the center for other activities to have a place to park. Thanks very much for your cooperation.

CLOSING: The senior center will be closed on Thursday July 4th in observance of Independence Day.

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
JULY 2013 (All programs subject to change.)	1 9:00 Memories 9:00 Exercise 10:00 Scrabble 10:00 Stretcherize 12:00 Bistro Lunch 12:30 Mahjong 12:45 Setback 1:00 Ice Cream Trip	2 9:00 Memories 9:00 Golf League 10:00 Tai Chi No Art or Doodling 12:30 Games 12:45 Pinochle 1:30 Bingo	3 9:00 Memories 9:00 Wii Bowling 10:30 SVP 12:45 Bridge	4 Senior Center Closed 	5 9:00 Exercise 10:00 Bingo 12:00 Patriotic Picnic	6
7	8 8:30 COA 9:00 Memories 9:00-12 Benefits 9:30 Move to the Music 10:00 Scrabble 12:00 Bistro Lunch 12:30 Mahjong 12:45 Setback 1:00 Ice Cream Trip	9 9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Art & Doodling Class 12:30 Games 12:45 Pinochle 1:30 Bingo	10 9:00 Memories 9:00 Wii Bowling 10:30 SVP 12:45 Bridge	11 9:00 Pokeno 9:30 Move to the Music 11:00 Yoga 12:00 Chair Massage 12:15 Shopping Trip 1:00 Line Dance	12 10:00 Bingo 12:00 July Birthday's	13
14 	15 9:00 Memories 9:00 Exercise 10:00 Scrabble 10:00 Stretcherize 12:30 Mahjong 12:45 Setback 1:00 Ice Cream Trip	16 9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Book Club 10:30 Art & Doodling Class 12:30 Games 12:45 Pinochle 1:30 Bingo	17 9:00 Memories 9:00 Wii Bowling 10:30 SVP 12:45 Bridge	18 9:00 Exercise 9:00 Pokeno 10:00 Stretcherize 10:30 Low Vision Support Group 11:00 Yoga 12:00 Chair Massage 1:00 Line Dance	19 9:00 Exercise 9-12 Hearing Clinic 10:00 Bingo 11:00 Brunch 12:00 Getting to Know You	20 
21	22 9:00 Memories 9:00 Exercise 9:00-12:00 Benefits 10:00 Scrabble 10:00 Stretcherize 12:00 Bistro Lunch 12:30 Mahjong 12:45 Setback 1:00 Ice Cream Trip to Scottie's w/Patty	23 8:30 Newport Trip 9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Art & Doodling Class 12:30 Games 12:45 Pinochle 1:30 Bingo	24 9:00 Memories 9:00 Wii Bowling 10:30 SVP 12:45 Bridge	25 9:00 Exercise 9:00 Pokeno 10:00 Stretcherize 11:00 Yoga 12:00 Chair Massage 1:00 Line Dance	26 9:00 Exercise 10:00 Bingo 10:45 Lunch Outing	27
28 	29 9:00 Memories 9:00 Exercise 10:00 Scrabble 10:00 Stretcherize 12:00 Bistro Lunch 12:30 Mahjong	30 9:00 Memories 9:00 Golf League 10:00 Tai Chi 10:30 Art & Doodling Class 12:30 Games 12:45 Pinochle 1:30 Bingo	31 9:00 Memories 9:00 Wii Bowling 10:30 SVP 12:45 Bridge			

TVCCA SENIOR COMMUNITY CAFE JULY 2013

MONDAY 1 Ham on a Kaiser Roll Potato Salad Brownie \$5.00	TUESDAY 2 Chicken Marsala Rice Pilaf Green Beans & Diced Red Peppers Pineapple Cup	WEDNESDAY 3 Maple Mustard Glazed Ham Mashed Sweet Potatoes Mixed Vegetables Fruit Cocktail	THURSDAY 4 Independence Day Senior Center Closed Senior Nutrition Program Closed 	FRIDAY 5 Senior Center Picnic Lunch Senior Nutrition Program Closed 
8 Spaghetti & Meatballs Garlic Bread Garden Salad Orange \$5.00	9 Beef Stroganoff Buttered Noodles Mixed Vegetables <u>Or Egg Salad Plate</u> Fresh Orange	10 Eggplant Rolette Penne w/Marinara Capri Vegetable Medley Pineapple Cup	11 Cod Florentine Seasoned Rice Peas & Carrots Applesauce Cup	12 <u>Birthday Celebration</u> Braised Pork Loin w/Gravy Mashed Sweet Potatoes Bean medley <u>Or Greek Salad Plate</u> Cupcake & Grape juice
15 Tuna Salad Grinder Roll 3 Bean Salad Apple Crisp \$5.00	16 Cod Newburg Mashed Potatoes Italian Vegetable Medley <u>Or Tuna Salad Plate</u> Pears w/Mandarin Oranges	17 Spanish Beef Stew Seasoned Rice Green Beans Sugar Cookie & Orange Juice Ethnic Celebration	18 Chicken Piccata Scalloped Potatoes Mixed Vegetables Peach Cup	19 <u>BRUNCH</u> Eggs, French Toast, Roasted Potatoes, Sausages, Fruit Salad, Coffee and Juice \$3.50
22 Steak Burger on a Bun Baked Beans Coleslaw Chocolate Chip Cookie \$5.00	23 Baked Ziti w/ Sweet Chicken Sausage Peas & Carrots <u>Or Greek Salad Plate</u> Grape Juice Oatmeal Cookie	24 Baked Cod w/ Tomato Garlic Compote Mashed Potatoes Bean Medley Applesauce Cup	25 Maple Mustard Pork Loin Sweet Potatoes Capri Vegetable Medley Peach Cup	26 Meat Loaf w/Gravy Scalloped Potatoes Green Beans & Diced Peppers <u>Or Egg Salad Plate</u> Fresh Fruit
29 Roast Beef on a Kaiser Roll Potato Salad Fresh Apple \$5.00	30 Sloppy Joes w/Bun Buttered Noodles Bean Medley <u>Or Chicken Caesar Salad</u> Pears w/Mandarin Oranges	31 Stuffed Chicken w/Broccoli & Cheese Rice Pilaf Stewed Tomatoes Fresh Fruit	SALAD CHOICE MEAL Every Tuesday and Friday Suggested Donation for Salad Meals \$4.00	1% Milk and whole grain bread are served with each meal. Menu is subject to change without notice. Page 7



Colchester Commission on Aging

Rose Levine, Chair
Marilyn Finnegan
Goldie Liverant
Betty Ann Oppelt
Gary Siddell
Jean Stawicki
Rob Gustafson, Alternate
Joe Menhart, Alternate

Colchester Senior Center Staff

Patricia Watts, Director/Municipal Agent
Priscilla Clesowich, Program Assistant
Donna Paty, Administrative Assistant
Steve Mekkelsen, Recreational Therapy Coordinator
Louise Plocharczyk, Driver
Ginny Stephenson, Driver
Noella Daigle, Driver
Jane Moreno, Nutrition Site Server

